

# Raleigh Parks & Recreation Junior Tennis

Fall 2013



Parks,  
Recreation and  
Cultural Resources  
parks.raleighnc.gov

## Junior Instruction

## Junior Competition

### Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games + fine motor skills are the focus of this fun intro class.  
Class Fee: \$48 Weekday/ \$24 Sat.

#### Millbrook Exchange Tennis Center

#146280 Oct 14-Nov 27 M,W 4:00-4:30pm  
#146281 Oct 14-Nov 27 M,W 4:30-5:00pm  
#146282 Oct 15-Dec 3 T,Th 5:00-5:30pm  
#146283 Oct 19-Dec 7 Sa 11:00-11:30am  
#146284 Oct 19-Dec 7 Sa 11:30am-12:00pm

#### Lake Lynn Community Center

#146287 Oct 14-Nov 27 M,W 5:30-6:00pm  
#146288 Oct 15-Dec 3 T,Th 4:30-5:00pm

### Tennis Jr. Level 1

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.  
Class Fee: \$96 Weekday/ \$48 Saturday

#### Ages 6-8

#### Millbrook Exchange Tennis Center

#147273 Oct 14-Nov 27 M,W 5:00-6:00pm  
#147274 Oct 14-Nov 27 M,W 6:00-7:00pm  
#147275 Oct 15-Dec 3 T,Th 5:00-6:00pm  
#147276 Oct 15-Dec 3 T,Th 6:00-7:00pm  
#147277 Oct 19-Dec 7 Sa 9:00-10:00am  
#147278 Oct 19-Dec 7 Sa 10:00-11:00am  
#147279 Oct 19-Dec 7 Sa 11:00am-12:00pm

#### Lake Lynn Community Center

#147282 Oct 14-Nov 27 M,W 4:30-5:30pm  
#147304 Oct 15-Dec 3 T,Th 5:00-6:00pm

#### Ages 9-18

#### Millbrook Exchange Tennis Center

#147284 Oct 14-Nov 27 M,W 4:00-5:00pm  
#147285 Oct 14-Nov 27 M,W 5:00-6:00pm  
#147286 Oct 14-Nov 27 M,W 6:00-7:00pm  
#147287 Oct 15-Dec 3 T,Th 4:00-5:00pm  
#147288 Oct 15-Dec 3 T,Th 5:00-6:00pm  
#147289 Oct 15-Dec 3 T,Th 6:00-7:00pm  
#147290 Oct 19-Dec 7 Sa 9:00-10:00am  
#147291 Oct 19-Dec 7 Sa 10:00-11:00am  
#147292 Oct 19-Dec 7 Sa 11:00am-12:00pm

#### Lake Lynn Community Center

#147283 Oct 19-Nov 30 Sa 10:00-11:00am  
#147305 Oct 19-Nov 30 Sa 11:00am-12:00pm

#### Ages 6-18

#### Biltmore Hills Community Center

#147294 Oct 15-Dec 3 T,Th 4:30-5:30pm

#### Kentwood Park

#147301 Oct 14-Nov 27 M,W 5:00-6:00pm  
#147300 Oct 19-Nov 30 Sa 9:00-10:00am

#### Lions Park Community Center

#147297 Oct 15-Dec 3 T,Th 5:00-6:00pm  
#147296 Oct 19-Nov 30 Sa 9:00-10:00am

### Tennis Jr. Level 2

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match.  
Class Fee: \$96 Weekday/ \$48 Saturday

#### Ages 8-10

#### Millbrook Exchange Tennis Center

#147339 Oct 14-Nov 27 M,W 5:00-6:00pm  
#147340 Oct 15-Dec 3 T,Th 5:00-6:00pm  
#147341 Oct 19-Dec 7 Sa 9:00-10:00am  
#147342 Oct 19-Dec 7 Sa 10:00-11:00am

#### Ages 11-18

#### Millbrook Exchange Tennis Center

#147330 Oct 14-Nov 27 M,W 4:00-5:00pm  
#147331 Oct 15-Dec 3 T,Th 4:00-5:00pm  
#147332 Oct 19-Dec 7 Sa 9:00-10:00am  
#147333 Oct 19-Dec 7 Sa 10:00-11:00am

#### Ages 8-18

#### Lake Lynn Community Center

#147343 Oct 15-Dec 3 T,Th 4:00-5:00pm

### Tennis Jr. Level 3

Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.  
Class Fee: \$96 Weekday/ \$48 Saturday

#### Millbrook Exchange Tennis Center

#### Ages 8-10

#147354 Oct 14-Nov 27 M,W 5:00-6:00pm

#### Ages 11-18

#147357 Oct 15-Dec 3 T,Th 4:00-5:00pm  
#147358 Oct 19-Dec 7 Sa 11:00am-12:00pm

### USTA Jr. Team Tennis

Age: 6-18yrs. Practice and matches for all ages and levels of play. Players must also pay USTA annual membership (\$20) + local league fee (\$16). Fees include a t-shirt, Smash Tennis Magazine, access to tournaments, and a first time tournament fee voucher.  
**Age is based on November 3, 2013.**  
**Millbrook Tennis Center—Course Fee: \$60**

#### 8U/10U

**Come try it for free Friday Aug 16, 23, 30 5-6:30pm**

**Practices are Friday 5:00pm-6:30pm**

**Matches are Saturday 9:00am-10:30am**

#147362 8U Beginner #147365 10U Intermediate  
#147363 8U Intermediate #147366 10U Advanced  
#147364 10U Beginner

#### 12U, 14U, 18U

**Assessments August 20, 21 4:30pm**

**Practices are once a week after school hours**

**Matches are Saturday 10:30am, 12pm, or 1:30pm.**

#147367 12U Bronze #147373 14U Silver  
#147368 12U Silver #147374 18U Silver  
#147372 14U Bronze #147375 18U Gold

### Tennis Jr. Tournament Team

Age: 8-18yrs. This group will workout and train for tournaments with the intention of establishing or improving their state ranking. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments.

**Lake Lynn. Class Fee: \$168**

#147402 Oct 15-Dec 3 T,Th 7:00-8:30pm

To check for weather related cancelations, visit [www.raleightennis.com](http://www.raleightennis.com). Click "City Programs"  
**For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4128.**

# Raleigh Parks & Recreation

## Adult Tennis

Fall 2013



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### Adult Instruction

#### Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$96 Weekday/ \$48 Sat

##### Millbrook Exchange Tennis Center

#147411 Oct 14-Nov 27 M,W 6:00-7:00pm  
#147412 Oct 14-Nov 27 M,W 7:00-8:00pm  
#147413 Oct 15-Dec 3 T,Th 11:00am-12:00pm  
#147414 Oct 15-Dec 3 T,Th 7:00-8:00pm  
#147432 Oct 16-Dec 2 M,W 10:00-11:00am  
#147415 Oct 19-Dec 7 Sa 9:00-10:00am

##### Lake Lynn Community Center

#147418 Oct 14-Nov 27 M,W 6:00-7:00pm  
#147419 Oct 19-Nov 30 Sa 9:00-10:00am

##### Kentwood Park

#147422 Oct 14-Nov 27 M,W 6:00-7:00pm  
#147423 Oct 19-Nov 30 Sa 10:00-11:00am

##### Lions Park

#147426 Oct 15-Nov 28 T,Th 6:00-7:00pm  
#147427 Oct 19-Nov 30 Sa 10:00-11:00am

##### Biltmore Hills Community Center

#147429 Oct 15-Nov 28 T,Th 5:30-6:30pm

#### Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$96 Weekday/\$48 Sat

##### Millbrook Exchange Tennis Center

#147463 Oct 14-Nov 27 M,W 6:00-7:00pm  
#147464 Oct 15-Dec 3 T,Th 10:00-11:00am  
#147465 Oct 15-Nov 26 T,Th 7:00-8:00pm  
#147471 Oct 16-Dec 2 M,W 11:00am-12:00pm  
#147466 Oct 19-Dec 7 Sa 10:00-11:00am

##### Lake Lynn Community Center

#147468 Oct 15-Dec 3 T,Th 6:00-7:00pm

#### Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$96 Weekday/ \$48 Saturday

##### Millbrook Exchange Tennis Center

#147484 Oct 14-Nov 27 M,W 7:00-8:00pm  
#147485 Oct 15-Dec 3 T,Th 6:00-7:00pm  
#147486 Oct 19-Dec 7 Sa 11:00am-12:00pm

##### Lake Lynn Community Center

#147488 Oct 14-Nov 27 M,W 8:00-9:00pm

#### Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin + underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$96 Weekday/ \$48 Sat

##### Millbrook Exchange Tennis Center

#147491 Oct 15-Dec 3 T,Th 6:00-7:00pm  
#147492 Oct 19-Dec 7 Sa 12:00-1:00pm

#### Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Fee: \$96

##### Millbrook Exchange Tennis Center

#147495 Oct 14-Nov 27 M,W 7:00-8:00pm

#### Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. **Millbrook Exchange Tennis Center: Class Fee: \$48**

#147499 Oct 15-Nov 26 T 9:00-10:00am  
#147500 Oct 17-Dec 5 Th 9:00-10:00am  
#147501 Oct 18-Dec 6 F 9:00-10:00am

**New Policy Changes—NO RAIN MAKEUPS!** Class length is now 7 weeks instead of 6. The fee is still based on a 6 week class. **For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4128.**

### Adult Competition

#### Ladder

Age: 18yrs and up. Recreational singles & double ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Fee: \$24

#### Singles Nov 18—Feb 3 (Coed ends Feb 10)

#147439 **Women's 2.5** #147434 **Men's 3.0**  
#147440 **Women's 3.0** #147435 **Men's 3.5**  
#147441 **Women's 3.5** #147436 **Men's 4.0**  
#147442 **Women's 4.0/4.5** #147437 **Men's 4.5**  
#147438 **Coed Open**

#### Doubles Nov 18—Feb 10

#147473 **Women's 3.5**  
#147474 **Women's 4.0**  
#147475 **Women's 4.5**

#### Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be 8 courts or more of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. **Millbrook Tennis Center. Class Fee: \$40**

#147502 Nov 13-Feb 26 W 9:30-11:30am

#### RATL: Fall Mixed Doubles League

Age: 18yrs and up. This is an NTRP level league for mixed doubles teams weekday evenings at 7:00pm. Team matches consist of 3 mixed doubles matches. Park, club and subdivision teams play one match a week on the same day each week. Teams must sign up in person or by mail.

Team Fee: \$75 Sep 3-Nov 5 #147540, #147541

#### Free Play for Seniors

Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. Free

##### Millbrook Exchange Tennis Center

#147504 Sep 2-Dec 30 M,Th 9:00am-12:00pm

#### Free Play for Adults

Age: 18yrs and up. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play.

##### Biltmore Hills Tennis Courts

#147539 Sep 3-Dec 31 T,Th 6:30-9:00pm